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Institutional Feeding Managers

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NSIn7

Stewards-Chefs-Cooks

ATTENTION PLEASE!

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SERVING MANY
(Formerly Institutional Food Service)

Mackerel, if served on Wednesday, and Cod Fillet on Friday, in all industrial feeding establishments, restaurants, colleges, hospitals and other institutions in one week would go far toward solving one of this country's immediate wartime food storage problems. With present supplies of these varieties of frozen fish abundant, there is an opportunity to secure plenty of this quickly and easily prepared, non-rationed meat alternate. Wider use of this good, edible fish will also help make storage room for the new run of fish.

Varieties of frozen fish, in supply greatly above normal, include cod fillets, mackerel, flounders, scup, lake herring, and pike. Shellfish is not abundant, and canned fish is scarce. Some of the supplies are in whole fish, but the bulk is frozen fillets which can be prepared for serving with less labor and no loss through dressing. Considerable quantities of packaged frozen fillets are in one pound packages. The balance is in packages of varying sizes of 10, 15, 20 and 30 pounds. Labor-saving costs and other advantages of using packaged frozen foods, as described by some of the leading restaurateurs of the country, held the attention of several thousand of their representatives during an entire morning session at the recent National Wartime Conference of the National Restaurant Association in Chicago. The use of packaged quick-frozen foods was hailed as one of the most important new trends in restaurant operation.

Food Value:

Fish makes an important contribution to the diet. As an unrationed food alternate it may be used to meet some of the meat shortages. It is an excellent source of high quality protein; that is, all the amino acids for growth and maintenance of weight are included. It is also an excellent source of niacin, one of the B complex vitamins.

Standard Portion:

A good standard edible portion of fish is one-half pound per person. This is the size portion usually served in hotels, restaurants, and Army camps. When ordering whole fish, one pound per person should be purchased, as fish dresses away about fifty percent. (over)

Featuring Fish:

As there will be a Nation-wide effort made to feature fish in national magazines and newspapers and on the radio to help increase the consumption of frozen fish and relieve this wartime food storage problem, food service managers and dietitians can keep in tune with the times and be of real service to the country if meals are planned that include fish prepared and served so that it will appeal to the appetite. Here are some suggestions offered by the War Food Administration.

1. Feature an abundant variety of fish on a FOOD FOR FREEDOM or VICTORY menu twice a week.
2. Plan menus when using fish entrees that include colorful, nutritious green or yellow vegetables or fruits.
3. Cook fish in a variety of ways. Fat fish, such as mackerel, should be broiled or baked instead of fried. Lean fish, like cod, should not be broiled, but should be boiled, baked in milk, or fried. Fish should always be cut into serving portions before cooking. It may be baked, boiled, broiled, steamed, deep-fat fried, or pan-fried. When pan-frying, dryness can be prevented if fish is cooked 3 minutes, removed to back of range, kept covered about 2 minutes, then turned and cooked over flame 3 minutes longer.
4. Serve tomato sauce with fish, or add color and appetite appeal with a garnish of sliced lemon, parsley, or raw carrot sticks.
5. Use left overs in fish cakes, croquettes, souffles, or chowders.
6. Preserve flavor and moisture in fish by proper cooking and well-timed preparation so that it does not stand long before serving.

How One Dietitian Makes Well-Balanced Lunches Popular.

The dietitian at the Thompson Aircraft Products Company plant near Cleveland has a clever way of having workers write their own menus. For several weeks she displayed on every table in the cafeteria table tent cards with brief items about the Basic 7 foods needed in well-balanced meals.* Then she launched a menu-planning contest asking workers to write their menu suggestions on new tent cards provided on cafeteria tables. More suggestions came from men than women workers. So many menus were good that every day's menu tent card carries a Worker's menu with a credit line. Many of the workers suggested menus that feature fish.

*Basic 7 cartoon table tent cards available from Office of Distribution, War Food Administration, or Superintendent of Documents, Washington, 25, D.C.

(Continued)

PRIZE MENUS FEATURING FISH

BROILED MACKEREL

Cucumber Relish
Mashed Brown Potatoes
Buttered Spinach
Whole-wheat or Enriched Bread
Butter
Vanilla blanc Mange with
 Fruit Sauce or Fresh Fruit
Milk, Coffee, Tea.

BAKED FILLET OF COD

Creole Sauce
Boiled Potatoes
Escalloped Succini
Whole-wheat or Enriched Bread
Butter
Prune Upside-down cake or
 Fresh Fruit
Milk, Coffee, Tea.

BROILED FILLET OF HALIBUT

Tartar Sauce
French Fried Potatoes
Cabbage Salad (Cabbage,
 (Tomatoes, Green Pepper)
Whole-Wheat or Enriched Bread
Butter
Apple Pie or Fresh Fruit
Milk, Coffee.

FISH CAKES

Tomato Sauce
Shoe-string Potatoes
Green Beans
Whole Wheat or Enriched Bread
Butter
Lemon-Meringue Pie or Fresh Fruit
Coffee, Milk.

FISH CROQUETTES

Tomato Juice
Egg Sauce
French-Fried Potatoes
Green String Beans
Whole-Wheat or Enriched Bread
Butter
Steamed Pudding with Fummy
 Sauce or Fresh Fruit
Milk, Coffee.

BROILED MACKEREL

Tartar Sauce
French-fried Potatoes
Cole Slaw with Green Peppers
Roll-Butter
Ice Cream Square or Fresh Fruit
Milk, Coffee, Tea.

(over)

FEB 2 1945

BAKED FISH

U. S. DEPARTMENT OF AGRICULTURE

Ingredients	Measure	100 Servings		500 Servings	
		Weight	Measure	Weight	Measure
		30 Lbs.		150 Lbs.	
Fish Fillets	1-1/2 Qts.			1-3/4 Gals.	
Milk	6 Tbsp.			2 Cups	
Salt	1-1/2 Qts.			1-3/4 Gals.	
Bread Crumbs	6 Lbs.			30 Lbs.	
Oil or Fat	2 Qts.			2-1/2 Gals.	
*Tartar Sauce					

Size of Serving: From 1/4 to 1/3 Lb.

Method:

1. Dip the pieces of fish into salted milk and then into the bread crumbs.
2. Place in well-greased pan.
3. Put about 1 teaspoon of melted fat over each piece.
4. Bake in a hot oven (500°F.) from 10 to 15 minutes.
5. Serve with tartar sauce.

*Parsley, egg or tomato sauce, or lemon butter, or lemon wedges may be used instead.

FISH SUFFLE

Ingredients	Measure	100 Servings		500 Servings	
		Weight	Measure	Weight	Measure
Fish (Left-over) flaked		8-1/4 Lbs.		41-1/4 Lbs.	
Milk	3-3/4 Qts.				
Onion, finely ground	1/4 Cup			1-1/4 Cups	
Fat		1 Lb.			5 Lbs.
Flour		1 Lb.			5 Lbs.
Egg Yolks	5-1/2 Cups			6-3/4 Qts.	
Salt	5 Tsp.			1/2 Cup	
Egg Whites	2-1/4 Qts.			2-3/4 Gals.	

Size of Serving: 3 to 4 oz. each

Method:

1. Scald the Milk
2. Sauté the onion in the fat and add the flour. When blended add to the scalded Milk, stirring vigorously.
3. Cook from 7 to 10 minutes.
4. Beat the egg yolks and add to a small amount of the white sauce, then combine with the remaining sauce.
5. Add the flaked fish and salt.
6. Fold in the stiffly beaten egg whites.
7. Bake in the greased individual or ring molds in a pan of water in a moderate oven until the mixture has set.
8. Serve with a tomato or cheese sauce.